

Prunus Domestica

SUSINO - PLUM - PRUNIER - PFLAUME

CIRUELO - СЛИВА - プルーンの木 - 李子樹 - قارد

HISTORICAL BACKGROUND:

The European Plum tree belongs to the genus Prunus of the Rosacea family and there are many different varieties. It is thought to have originated from Southeast Asia but has been cultivated in Europe for over two thousand years.

In Italy, it is found mainly in the regions of Emilia Romagna and Campania. The first evidence of its presence in Italy dates back to the first century AD, when Roman Historian Pliny the Elder mentioned it in his “Naturalis Historia”.

Plum trees are small deciduous trees that can grow to a height of 10 metres and which bear fruits with different characteristics based on their country of origin. It is cultivated primarily for its fruits that can be eaten fresh or dried (prunes), or used in the production of preserves, jams and jellies.

It is characterized by a trunk with very dark, almost black bark with lengthways cracks up and down its trunk. Its ivory-white flowers come out in spring before the leaves.

*BOTANICAL AND AGRICULTURAL
FEATURES / PRODUCT DESCRIPTION:*

- *FAMILY: Rosaceae*
- *MINIMUM TEMPERATURE: - 23° /28°*
- *MAXIMUM HEIGHT: 7/10 mt*
- *BLOOM: Spring*
- *FLOWER COLOR: White*
- *PRUNING: February*
- *SOIL: well drained and rich in organic matter.*

PLUM VARIETIES:

- *ANGELENO:*

A black skinned plum with light yellow flesh.

Harvest: Mid September

- *BLACK AMBER:*

A plum with dark purple black skin and firm yellow-reddish flesh.

Harvest: Mid July

- *BLUE DE BELGIQUE:*

A medium size plum with violet-blue skin and yellow flesh

Harvest: Late August / Early September

- *BLUE FREE:*

Large firm blue plum with yellow flesh. Not particularly juicy.

Harvest: Late August

- *BURMOSA:*

Large elongated plum with dark red skin and fragrant, pale, yellow pulp.

Harvest: Early July

- *EXCALIBUR:*

Large plum with a reddish purple skin, sweet and juicy.

Harvest: Early August

- *FRIAR:*

Large plum with dark purple skin, amber flesh.

Harvest: Early August

- *FORTUNE:*

Deep red on yellow skin, orange-yellow flesh.

Harvest: : Late July / Early August

- *GOLDEN JAPAN:*

Medium size, reddish-yellow plum.

Harvest: August

- *HANITA:*

Large elongated fruit with blue skin, golden yellow flesh with characteristic flavour.

Harvest: Late August / Early September

- *HAUSZWETSCHKE:*

Self-pollinating plum with purple skin.

Harvest: Late July / Early August

- *MIRABELLE DE NANCY:*

Round fruit with pinkish-yellow skin, juicy, sweet, fragrant flesh.

Harvest: Mid August

- *ONTARIO:*

Green or golden yellow fruit, tasty and sweet.

Harvest: Mid August

- *OPAL:*

Oval shaped fruit with reddish purple skin, yellow or green flesh, excellent taste.

Harvest: Late July

• *OZARK PREMIER:*

Fruit with thick, red skin and pale yellow flesh.

Harvest: Mid July

• *PRAT DE LLOBREGAT:*

Round flattened fruit, red skin with amber flesh, very flavoursome.

Harvest: Late July / Early August

• *PRESIDENT:*

Large, elongated plum with peel purple and yellow flesh.

Harvest: Mid September

• *QUEEN ALSACE:*

Elongated fruit, purplish red skin.

Harvest: Mid August

• *QUEEN CLAUDIA YELLOW:*

Large round fruit, greenish-yellow color, fine textured, juicy, yellow flesh.

Harvest: Late July

• *QUEEN CLAUDIA GREEN:*

Medium-small, round fruit, light green skin, yellowish-green, juicy flesh.

Harvest: Early August

• *QUEEN CLAUDIA VIOLET:*

Large fruit with purple skin and good tasting yellow flesh.

Harvest: Late July

• *REINE D`OULLINS:*

Round self-fertile fruit, a good cropper with greenish yellow sweet, fragrant flesh.

Harvest: Mid August

• *SANTA ROSA:*

Medium large, round fruit, purplish-pink skin and pinkish red flesh.

Harvest: Mid July

• *SANGUE DI DRAGO:*

Large fruit with purplish red flesh.

Harvest: Late July

• *STANLEY:*

Self-fertile, medium-size, oval fruit with purplish-blue skin and greenish-yellow flesh.

Harvest: Early September

• *VICTORIA:*

Self-fertile fruit with red or mottled skin, sweet golden juicy flesh.

Harvest: Late August

BLOSSOM:

The plum tree has beautiful ivory.

White flowers which come out before the leaves and just after peach blossom.



TRAINING FORMS AND ORNAMENTAL USES:



*HALF-STANDARD TREE:
Half-standard tree for the home
orchard.*



*DWARF TREE:
Plants suitable for terraces, balconies
or small gardens.*



*ESPALIER PLANTS:
An attractive way to delimit areas of the garden, orchards
or garden paths
Perfect for a border of flower or herbs at its base.*

PLANTING:

The best period for planting runs from the beginning of autumn to the beginning of spring.

Place the root ball in a hole (60-70cm wide for a three-year-old plant grown in a 15 litre pot with a 30 cm diameter). Once placed in the hole, make sure that the top of the soil of the root ball is flush with the ground.

Fill the hole with the previously removed backsoil. This should be broken down, crumbled and mixed with 20-30% potting soil.

Once the plant is in the hole, use a wooden support or pole to avoid uprooting in case of wind.

Using plastic ties secure the plant to the pole at a height of about 1 metre, leave enough room to allow for the growth of the plant

With the remaining backsoil make a well around the base of the plant, approximately 60-70 cm in diameter with a 15cm lip for three-year-old plants grown in 15 litre pots with a 30cm diameter.

The well helps ensure the proper irrigation of the plant. It prevents water dispersion and allows water to reach the root system.

Fill the well with a 10/15 cm layer of pinewood chips. In addition to slowing the growth of weeds, the chips also help conserve moisture and stop the soil from drying out.

Water well just after planting and repeat every 7/10 days during the growing season.

*HOW TO PLANT THREE
YEAR-OLD FRUIT TREE
IN A 15 LITRE VASE*



HEALTH BENEFITS:

Plum varieties differ in shape, size, texture and color: they can be round or oval, big or small, crisp or juicy, have purple, yellow, red or green flesh, be firm or soft, sweet (thanks to the presence of fructose, xylose and maltose) or sharp (due to the presence of Malic acid, succinic acid, tartaric and citric). Plums are truly exceptional fruits and of late people seem to have forgotten about their full potential:

- Free radicals are known to be potentially dangerous and indirectly responsible for aging. Plums are rated among the top ten fruits with the highest levels of antioxidants excellent for countering the effects of aging. Prunes actually contain six times the antioxidants of fresh plums making them a worthy competitor in the antioxidant power stakes, on a par with cranberries and raisins.*
- Plums protect our heart and help regulate blood pressure. Prune juice is packed with a wide range of phenolic antioxidants, which can help fight heart disease. It is also very rich in potassium, which plays an essential role in the proper functioning of the heart. It regulates the heartbeat and blood pressure levels thus reducing the chances of heart attacks, strokes, and other cardiovascular related diseases. Prune juice is also low in sodium.*
- Plums help combat diabetes: prune juice has a high content of soluble and insoluble dietary fibre. The fibres prevent the sudden increase of blood sugar level keeping it in check.*
- Plums are an effective ally against constipation. The insoluble fiber in plums acts as an excellent laxative and helps regulate the digestive system.*

- *Plum juice also helps and feeds the “good” bacteria in the intestine essential for maintaining a healthy intestine. It also helps regulate the appetite decreasing automatically food intake. It is ideal for people on a diet.*

- *Prune juice contains a wide range of nutrients from potassium, iron, vitamin A, vitamin K, niacin, riboflavin, carotene, thiamine to minerals like calcium, magnesium, phosphorus, zinc and selenium. It is a natural multi-vitamin supplement.*

NUTRITIONAL VALUE:

*100 g of fresh plums contain about 46 calories
(89.7% carbohydrate, 5.1% protein, 5.1% fat)*

Nutrition value per 100 g of Plums

<i>Energy value (calories)</i>	<i>46</i>	<i>kcal</i>
<i>Protein</i>	<i>0,7</i>	<i>g</i>
<i>Carbohydrates</i>	<i>11,42</i>	<i>g</i>
<i>Sugars</i>	<i>9,92</i>	<i>g</i>
<i>Fats</i>	<i>0,28</i>	<i>g</i>
<i>Saturated fats</i>	<i>0,017</i>	<i>g</i>
<i>Monounsaturated fats</i>	<i>0,134</i>	<i>g</i>
<i>Polyunsaturated fats</i>	<i>0,044</i>	<i>g</i>
<i>Cholesterol</i>	<i>0</i>	<i>mg</i>
<i>Dietary fiber</i>	<i>1,4</i>	<i>g</i>
<i>Sodium</i>	<i>0</i>	<i>mg</i>
<i>Alcohol</i>	<i>0</i>	<i>g</i>

IN THE KITCHEN

PLUM JAM:

INGREDIENTS:

- 500 gr pitted prunes
- 250 gr sugar
- 1 lemon



METHOD:

Place plums and lemon juice in a heavy-bottomed saucepan.

Bring to the boil and cook for five minutes. Turn off the heat and leave to cool, add the sugar gradually until completely dissolved. Bring back to the boil and simmer on a low heat for about 50 minutes, stirring occasionally with a wooden spoon.

To check if the jam has reached setting point put a teaspoon of jam on a cold plate. Tilt the plate. If the jam sticks to the plate and does not run, the jam is ready. Pour the hot jam into dry, warm, sterilised jars. Screw the lids on tightly and turn the jars upside down to cool. For longer lasting jam, wrap the jars in tea towels and place one next to the other in a saucepan. Fill the pan with water until the jars are completely covered. Bring the water to the boil and boil for about 30 minutes. The tea towels will protect the jars. Turn off the heat and leave to cool.

PLUM JAM TART:

FOR SHORT CRUST GLUTEN-FREE PASTRY (see p. 18)

FOR SHORT CRUST VEGAN PASTRY (see p. 19)

FOR TRADITIONAL PASTRY

INGREDIENTS:

- *300 g plain flour 00*
- *150 g sugar*
- *150 g butter*
- *1 egg and 1 egg yolk*
- *1 teaspoon baking powder*
- *1 pinch of salt*



FOR THE FILLING:

- *600 gr plum jam*

METHOD:

Mix the baking powder and the flour. Cut the butter into pieces and lightly rub into the flour. Add the sugar and a pinch of salt. Make a well in the center of the mixture and add the egg and extra yolk. Work the mixture into a soft but not sticky dough. Form a ball and wrap in cling film. Leave to rest for at least half an hour in the fridge. Set aside one third of the dough. Roll out the remaining two-thirds on floured baking paper to form a 30 cm, 3-4mm thick disc. Lift and lower into a round 3cm deep flan dish or tin. Remove the excess dough from around the edges. Spread the jam evenly over the base. Roll out the remaining dough and cut into 2cm wide strips. Place the strips crisscross over the tart to form a lattice. Put in the oven for 30 minutes at 180°C.

PLUM CLAFOUTIS:

INGREDIENTS:

- *3 whole medium eggs*
- *90 g plain flour 00*
- *30 g blanched almonds*
- *200g caster sugar*
- *200 ml milk*
- *20 ml brandy*
- *1 vanilla pod*
- *1 pinch of salt*
- *500 g plums*



TO GREASING THE PAN:

- *Butter*
- *Sprinkling of granulated sugar*

TO GARNISH THE PAN

- *Icing sugar for dusting*

METHOD:

Cut the blanched almonds into slithers, spread out on baking paper and toast in the oven at 180°C for 5 minutes or until they are beginning to turn brown. Wash the plums under running water, cut in half, remove the stone and cut into slices of about the same size. Set aside the fruit and make the batter: Put the eggs and sugar in a bowl and whisk together. Add a pinch of salt and beat in the sifted flour and vanilla seeds until the batter is smooth. Whisk in the milk gradually, stirring all the time.

Finally flavor with the brandy.

Grease a 28 cm ovenproof dish and sprinkle the granulated sugar

over the bottom.

Arrange the sliced plums on the bottom of the dish in a spiral pattern. Scatter the toasted almonds over the plums and finally pour the batter over the plums and almonds into the dish.

Bake in a preheated oven at 180°C for 40-45 minutes or until brown (if you have a convection oven cook at 160°C for 30-35 minutes). After baking, leave the clafoutis to cool before dusting with icing sugar and serving.

GLUTEN-FREE PASTRY:

Gluten-free pastry is a traditional Italian pastry recipe, ideal for people who suffer from celiac disease and are intolerant to gluten. Gluten-free pastry uses rice and corn flour instead of plain flour.

INGREDIENTS:

- 250 g rice flour
- 100 g corn flour
- 125 g butter
- 2 eggs (4 egg yolks)
- 1 teaspoon baking powder



METHOD:

Put the rice flour and the corn flour in a food processor along with the pieces of butter from the fridge. Pulse several times until the ingredients resemble fine breadcrumbs. .

Add the sugar, eggs, baking powder and mix again for a few seconds. Turn the mixture out onto a floured work surface and form a ball. Wrap in cling film and leave to rest in the refrigerator for about 40 minutes.

Your gluten-free pastry is ready to use!

N.B. You do not need to add any extra flavourings as the flour used will already give the gluten-free pastry a good taste. If you prefer a darker-yellow pastry use 4 egg yolks instead of 2 whole eggs.

VEGAN PASTRY RECIPE:

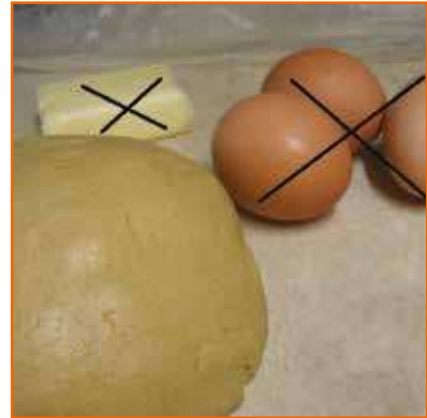
The vegan pastry recipe uses oil instead of butter. It is the perfect base for sweets and deserts!

This recipe makes a light and crumbly short crust pastry ideal for cakes and biscuits.

It takes just a few minutes, to make this simple and delicious vegan pastry!

INGREDIENTS:

- 130ml corn oil
- 200ml salt water
- zest of an organic lemon
- 90g brown sugar
- 300 g wheat seed flour



METHOD:

In large bowl whisk together the corn oil and lightly salted water. Add the grated rind of the lemon, avoiding grating in the pith, which has a slightly bitter taste.

Add the brown sugar and flour and work the ingredients together to form a ball. Before using the vegan pastry, leave to rest in the fridge for at least thirty minutes.

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